



MENTAL HEALTH FIRST AID

8 Hour Course (9:00 am - 5:00 am)

DATE OF REQUESTED COURSE _____

TYPE OF REQUESTED COURSE (Adult or Youth) _____

VENUE LOCATION: Southwest Behavioral Health Center

City _____

REGISTRATION

To register, please e-mail this completed form to tflynn@sbhcutah.org.

Name: _____

Phone Number _____

E-Mail Address _____

Brief Description of why you're enrolling in this course: (examples: help family member or loved one, better serve clients with mental health issues, seeking general mental health information)

QUESTIONS

If you have any questions, please call (435) 634-5638 or email tflynn@sbhcutah.org



ALGEE, the Mental Health First Aid Action Plan

- Assess for risk of suicide or harm*
- Listen nonjudgmentally*
- Give reassurance and information*
- Encourage appropriate professional help*
- Encourage self-help and other support strategies*

The National Council for Behavioral Health was instrumental in bringing Mental Health First Aid to the U.S. in 2008.